YASER EL-WALY

ON

BUILDING DISCIPLINE
THROUGH SMALL COMMITMENTS

Discipline is not about perfection.
It's about small commitments, kept consistently,
that shape who you become.

START SMALL
Change begins with one small step.

STAY CONSISTENT
Motivation fades, discipline keeps you going.

KEEP IT REALISTIC
Make commitments you can keep, not just big ones.

DAILY CHOICES
Discipline is built in ordinary, everyday actions.

BOUNCE BACK
Setbacks happen. What matters is starting again.

STAY CONNECTED
Let your intentions and faith guide your discipline.

Yaser El-Waly on Building Discipline Through Small Commitments

Change Often Starts With Something Small

Personal development is usually thought of as a major turning point, yet Yaser El-Waly contends that such change starts off small. The individual makes a choice to work on one bad habit, to be consistent at something he or she needs to do, or to spend time on something important, and keeps on doing so without motivation.

Yaser sees discipline as an act of following up on one's intentions, rather than an ideal set of actions. This means growing in dependability towards oneself.

Motivation Does Not Last Forever

People tend to start off a new objective with enthusiasm. This could be learning a new skill or simply becoming organized, and at the beginning, it seems quite effortless. But the hard part comes after the excitement wears off.

Yaser El-Waly feels that it is at this point that discipline becomes more important than motivation. While motivation will inspire one to start something, discipline will inspire them to stay consistent.

Keeping Commitments Realistic

According to Yaser El-Waly, another situation where individuals might make overly ambitious personal commitments is when such commitments are unnecessary to achieve something. If a commitment is too difficult to keep, failing to achieve one target might bring frustration and eventually cause one to lose motivation completely.

He advises that individuals should start by making reasonable commitments. An achievable commitment would be better than an ambitious commitment that would not last even a week.

This rule applies to individuals living in busy schedules in different cities of Australia, for instance, working professionals in Melbourne, family oriented individuals in Sydney and personal oriented people in Perth.

Discipline Is Built During Ordinary Days

Yaser El-Waly says that discipline is not displayed only in tough situations. Discipline is developed in regular choices. Doing something significant without any instant gratification, practicing a beneficial habit without anyone watching, or finishing one's task even though he/she is surrounded by many distractions could help develop self-discipline.

Those regular decisions may not seem to be much, but they are what make a person responsible.

Returning After a Setback

Consistency also entails the skill of knowing what to do when it fails, as suggested by Yaser. Skipping a day, making an error, or momentarily failing to stay focused does not necessarily indicate that the commitment has been completely broken. One does not need to give up on the objective but simply needs to accept what has happened and start afresh.

According to Yaser El-Waly, the ability to start again is crucial since perfection may be quite hard to achieve.

Discipline and Faith

Discipline is also related to intention according to Yaser's interpretation of Islamic values. A person's actions acquire additional significance if he/she knows what he/she is doing and why, not just does something out of habitual compliance.

A commitment undertaken with clear intentions helps to orient oneself in tough situations. It helps to remind one why it is necessary to do what he/she is doing despite the lack of visible effect at the moment.

Thus, for Yaser El-Waly, discipline is not the same as strictness; it is rather reliability. Discipline is a slow process of learning oneself that certain intentions require constant efforts. Realistic commitments, perseverance on regular days, mistakes, and connection with valuable principles may help to form the right habits not only in actions but also in personality.